

## **Warfighter Nutrition Workshop: Summary of Recommendations**

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1. Develop and implement a DoD-wide nutritional policy that encompasses all military branches and addresses the following concepts:
  - a. A “Warrior Athlete” culture with supporting infrastructure.
  - b. Standardization of food service programs to enhance Warrior physical and cognitive performance, and promote a healthy and fit Warrior lifestyle over an entire military career.
  - c. Lifecycle training in nutrition and healthy living, beginning in Initial Entry Training and continuing throughout military service. Key policy elements include:
    - (1) Fostering the ideal of “personal responsibility for health lifestyle choices,”
    - (2) Developing a “warrior-athlete” perspective and value system.
    - (3) Include a “healthy family” vision to encourage good nutritional choices in the Warrior’s home, to leverage family support for the Warrior’s health and fitness goals.
    - (4) Support for nutritional strategies tailored to preventive health.
  - d. The policy should assign Executive Agency responsibility for regular review and oversight of current DoD food service policies to an appropriate DoD or Service committee.
2. Establish a consolidated source for nutrition policy guidance under the direction of the DoD Military Nutrition Leadership Council.
3. Increase the force structure for military dietitians to improve nutritional support for “Warrior Athletes” in all operational environments, and provide enhanced nutrition intervention strategies and services to the entire military family. Additional military dietitians would be assigned to positions outside the hospital to facilitate Warfighters and Commanders access to expert nutrition guidance. For example, military dietitians could be assigned to work from dining facilities, gymnasiums, garrison command/staff offices, or even to selected operational and training units where they would support Force Health Protection initiatives.
4. Establish a formal process whereby DOD Health Affairs is responsible for reviewing and updating AR40-25 (BUMEDINST 10110.6; AFI 44-141), “Nutrition Standards and Education,” IAW emerging nutritional science, to include designation of an appropriate responsible organization or committee.
5. Establish a formal process whereby the DoD Nutrition Committee is responsible for reviewing all new study reports from the Institute of Medicine’s Committee on Military Nutrition Research for implementation as indicated.
6. Establish a formal process whereby DoD reviews all policies pertaining to commercially franchised food sales on garrisons to ensure appropriate availability and promotion of healthy foods are being promoted and made available to the same or greater extent as less healthy foods.
7. Immediate DoD review and revision of current regulations and processes for DoD funded Dining facilities, and development of a plan to evolve into 21<sup>st</sup> Century “Warrior” nutrition centers that promote and support healthy eating behaviors.
8. Establish and implement DOD policy that requires all units and organizations conducting physically strenuous exercise/training activities exceeding 60 minutes in duration to be provided with a “recovery” meal (250 calories as 70% carbohydrate, 20% protein, and 10% fat) if normal dining facility services are not be available for participants within an hour of completing the activity.
9. Expand research funding to identify novel nutritional solutions that optimize Warrior health and fitness.